Mental Health Treatment for the LGBT Community

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Who is the LGBT "Community?"

- Sexual Orientation
- Gender Identity and Sexual Identity
 - Self-identity
  - Disclosed identity
  - Ascribed identity

Community needs

Items from 2007 Wisconsin YRBS	Hetero-Sexual	Same Sex	Signif-icance
So sad or hopeless almost everyday for two weeks that usual activities affected	25.7	47.2	<.0001
Long-term emotional or mental health problems	17.9	38.3	<.0001
Seriously considered suicide in past 12 months	16.6	41.4	<.0001
Made a suicide plan in past 12 months	10.8	31.1	<.0001
Actually attempted suicide in past 12 months	7.5	25.2	<.0001
Required medical attention for suicide attempt in past 12 months	2.5	14.9	<.0001

Community Needs

Items from 2007 and 2009 Combined Wisconsin YRBS	Hetero-Sexual	Same Sex	Signif-icance
So sad or hopeless almost everyday for two weeks that usual activities affected	24.9	46.1	<.0001
Long-term emotional or mental health problems	17.9	38.3	<.0001
Seriously considered suicide in past 12 months	15.6	40.5	<.0001
Made a suicide plan in past 12 months	10.7	31.6	<.0001
Actually attempted suicide in past 12 months	6.7	25.0	<.0001
Required medical attention for suicide attempt in past 12 months	2.51	12.5	<.0001

# Community Needs
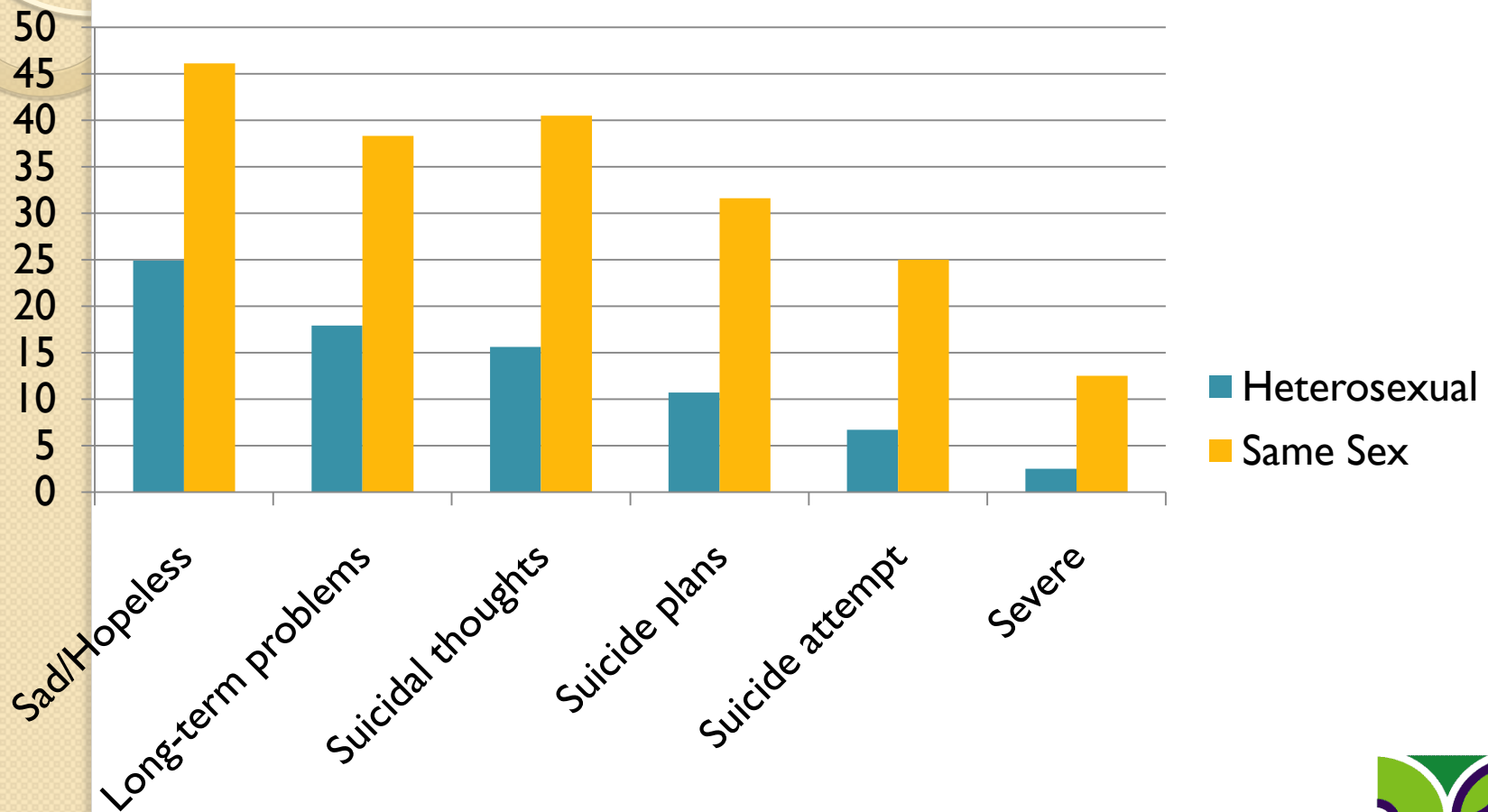
What these data tell us

- LGBT youth are more likely to be diagnosed with a mental illness than their peers
- LGBT youth are more likely to have suicidal thoughts and exhibit suicidal behaviors
- The suicidal behaviors of LGBT youth are more severe

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Other potentially relevant data

| Items from the Combined 2007 and 2009 Wisconsin YRBS	Hetero-Sexual	Same-Sex	Signif-icance
Carried a weapon in the past 30 days	13.0	19.4	.02
Carried a gun in the past 30 days	4.2	7.6	.018
Did not go to school because felt unsafe in past 30 days	5.1	15.8	.001
Threatened with violence with weapon on school property in past 12 months	6.3	11.6	.012
Physical fight resulted in injury requiring medical treatment in past 12 months	33.9	47.3	.003
Someone tried to hit, punch, kick during at school in the past 12 months	20.8	33.2	.0002

Community Needs
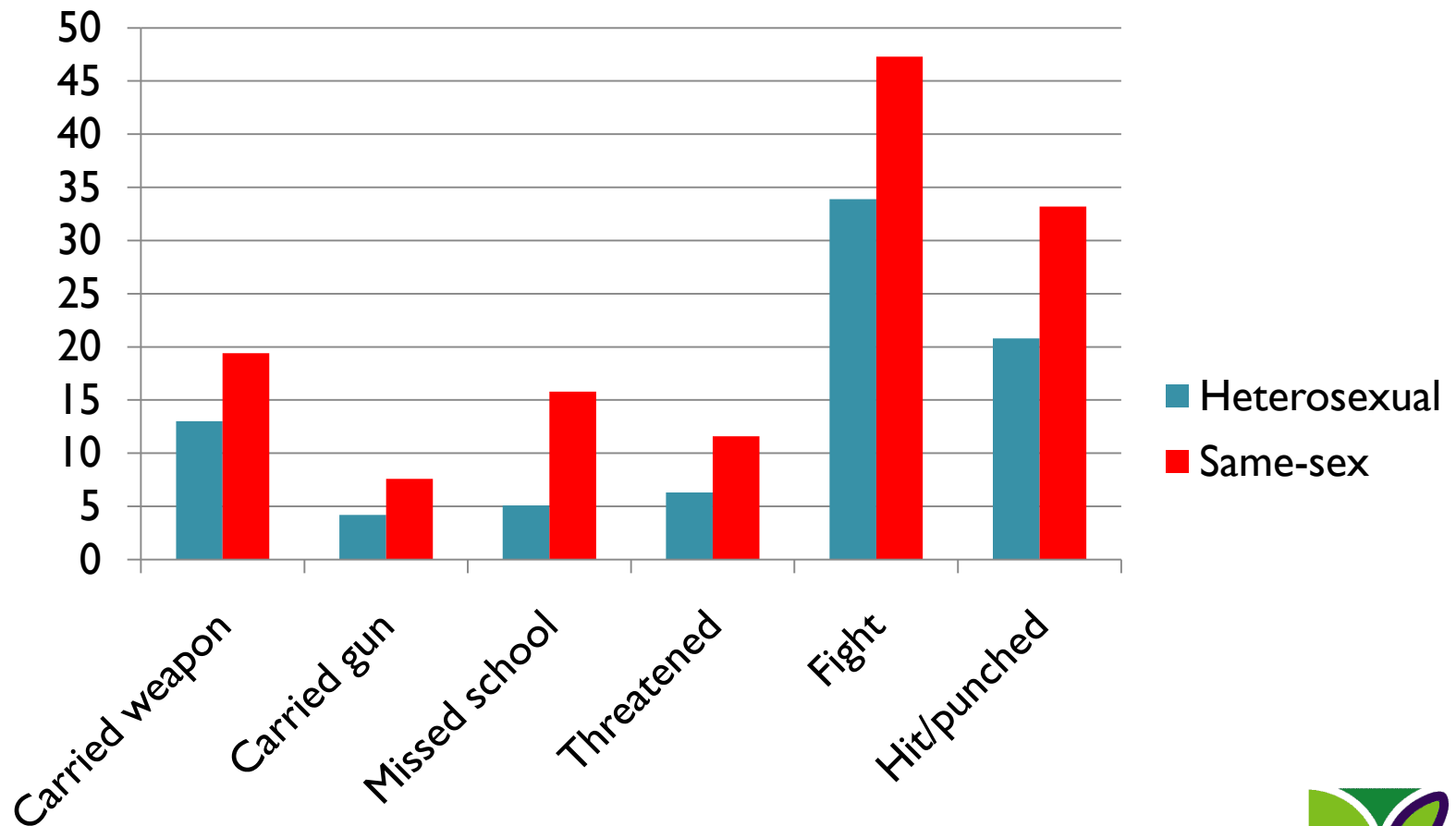
Still more relevant data

| Items from the combined 2007 and 2009 Wisconsin YRBS	Hetero-Sexual	Same-sex	Signif-icance
Ever hit, slapped or physically hurt on purpose by boyfriend, girlfriend	11.5	24.3	.0006
Would feel comfortable seeking help from one of more adults besides their parents	81.6	72.9	.03
Strongly agree or agree that their family loves and support them	86.5	71.1	.0001
Strongly agree or agree that teachers care about them and encourage them	59.3	46.0	.0012

Still more relevant data
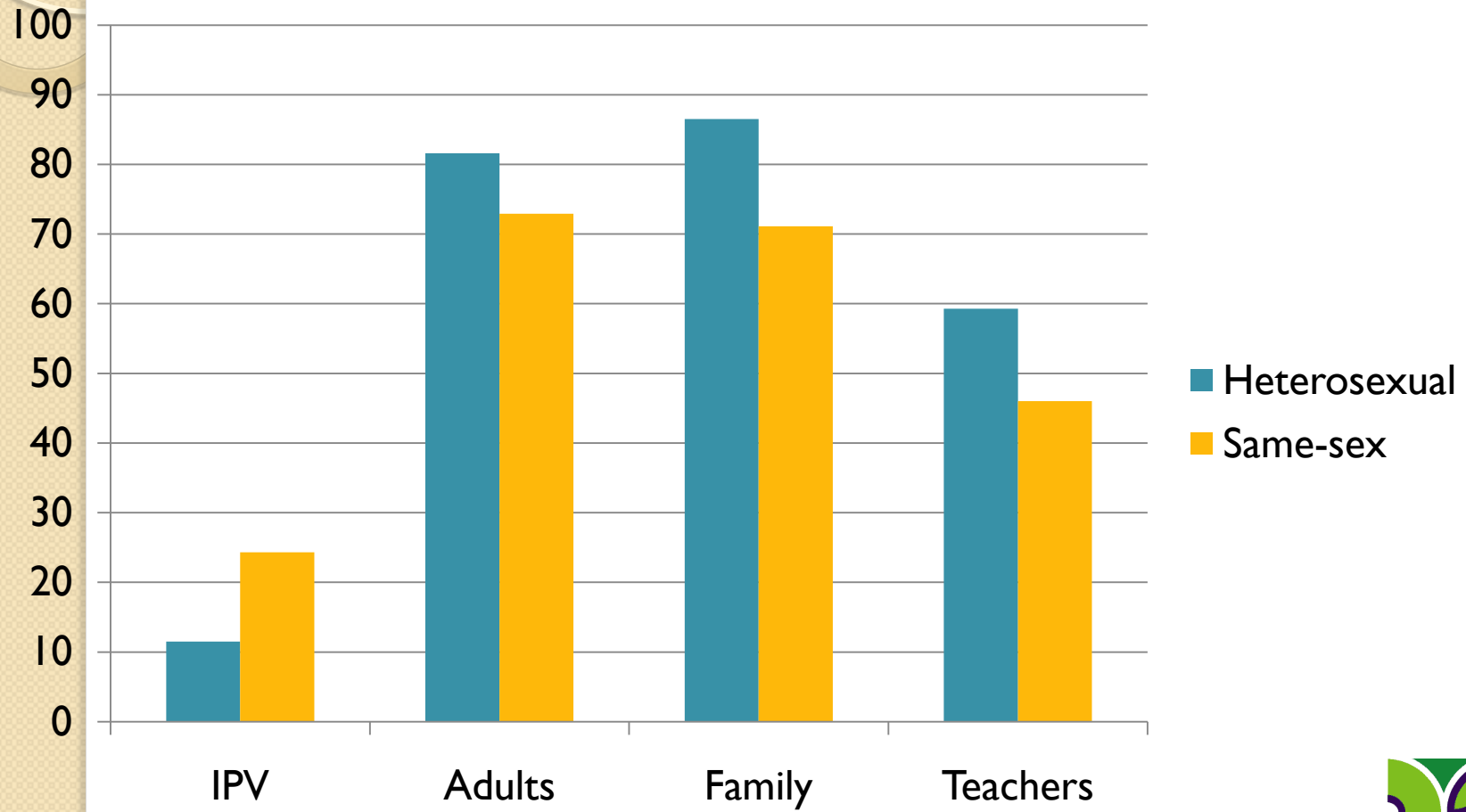
LGB Adult Data

- Wisconsin BRFS data is minimal, but forthcoming
- National Data
  - National Survey of Midlife Development
    - 3-fold higher rates of Major Depression (men)
    - 5-fold higher rates of Panic Disorder (men)
    - 4-fold higher rates of generalized anxiety (women)
    - 2-fold higher rates of at least one disorder (women and men)
    - Twice to five times as likely to have sought mental health services (women and men)

Minority Stress

- Minority stress and mental health in gay men (Meyer, 1995)
- Prejudice, social stress, and mental health in LGBT populations (Meyer, 2003)
- Minority stress as a predictor of gay men's health risk behaviors (Hamilton and Mahalik, 2009)

Minority Stress
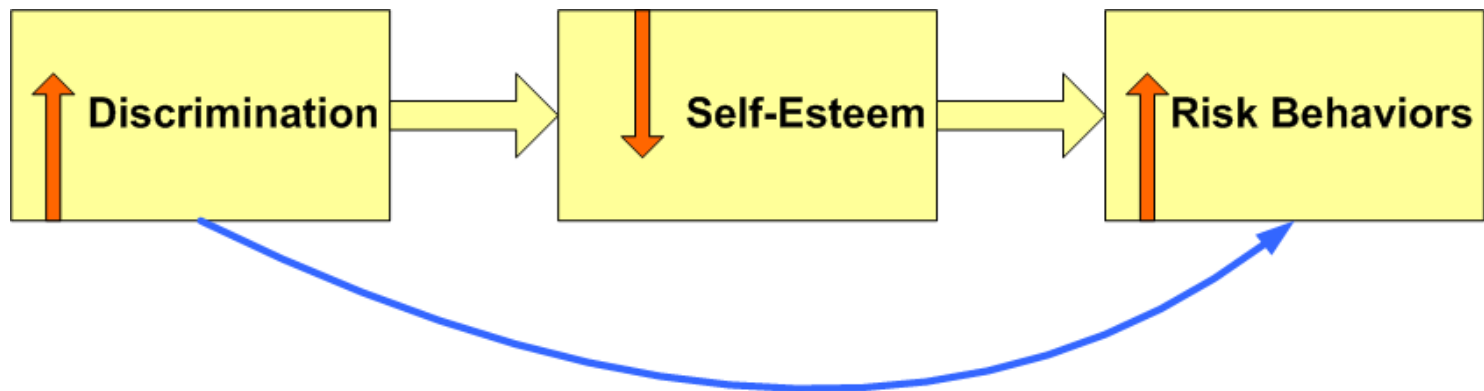
Minority Stress

Examples at the interpersonal, institutional and societal level?

Youth: Developmental milestones in the face of rejections, social isolation, family disruption, limited safe social venues, and a greater awareness of societal indifference to personal plight.
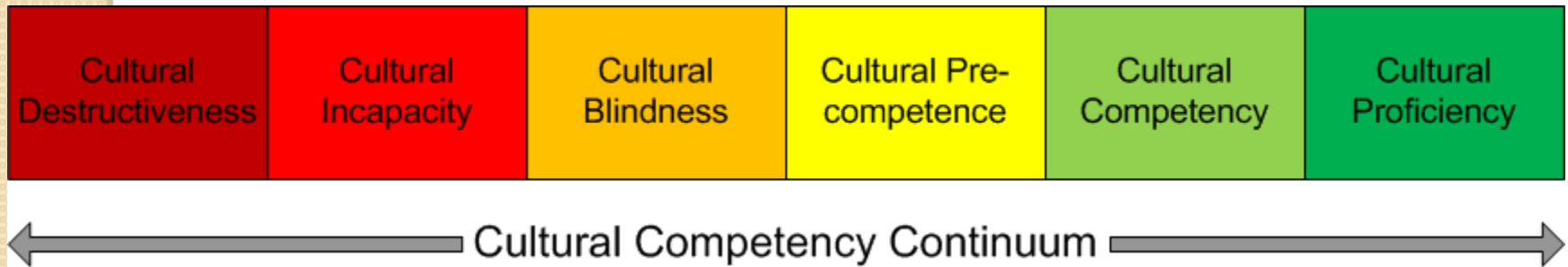
Adults: Developmental milestones in the face of unresolved experiences of adolescence, greater internalization (and calcification?) of distress, exposure to more institutional stressors, and longer experience with societal stressors.

Micro-aggression:
If the tree falls…

- Family rejection as a predictor of negative mental and physical health outcomes (Ryan, Huebner, Diaz, and Sanchez, 2009)
- Social connectedness as a protective factor among bisexual youth (Saewyc, et al, 2009)

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Cultural Competency Continuum

Cultural Destructiveness	Cultural Incapacity	Cultural Blindness	Cultural Pre-competence	Cultural Competency	Cultural Proficiency

← Cultural Competency Continuum →

Recommendations

- Information
  - Increase training to recognize risk and protective factors
  - Disseminate information about rates and relevance
  - Make accurate information about LGBT people readily available
  - Update and disseminate non-discrimination policies
  - Become knowledgeable about school and workplace issues for LGBT people

Recommendations

- Motivation
  - Develop peer-based recreation and leisure groups
  - Promote organizations in addition to support groups: community groups, choruses, PFLAG, GSASS
  - Feature LGBT people who are resilient and resourceful; highlight connectedness
  - Acknowledge and take seriously public losses (separations, marriage ban, hate crimes)
  - Convene allies and appreciate their efforts

Recommendations

- Skill Development
  - Develop protocols and policies for response to issues of sexual orientation and gender identity
  - Assess organization or service against an LGBT cultural competence model
  - Include LGBT youth and adults in program development and evaluation
  - Re-examine and modify as needed agency confidentiality policies